

# THE Spacemaker

## NEWSLETTER

VOLUME 1, NUMBER 1

McClellan Air Force Base, Calif.

JAN. 13, 2000

### TAKE NOTE

#### Next Hail & Farewell

The next McClellan Hail & Farewell is Friday, 3 p.m. at Club McClellan. For more information, call Capt. Jay Galbreath, 77th ABW/CCE at 643-0077.

#### Change in hours

The hours of operation for the base education and training offices have been changed to close down on payday Fridays. Training classrooms and offices in Bldg. 8 and Bldg. 429 will now be open on non-payday Fridays and closed on payday Fridays. For more information, call Nancy Swanson at 643-2190.

#### Awards banquet

The final Annual Awards banquet is set for Feb. 17 at the McClellan Community Center at 6 p.m. For tickets call your orderly room. Cost is \$17 per person.

### SNEAK PEEK

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**"Completing the mission of McClellan Air Force Base with professionalism and honor"**

## Summers bids farewell

By Jennifer Vargas  
Staff Writer

After nearly a year and a half, as vice commander of the Sacramento Air Logistics Center, Brig. Gen. Robert P. Summers bid farewell to the members of Team McClellan Tuesday.

The one-star general has been selected for re-assignment as director, nuclear support and operations, Defense Threat Reduction Agency, Office of the Undersecretary of Defense for Acquisition and Technology, Sterling, Va.

Though Summers and his wife Kathy are excited about the new assignment, he admits that leaving the Sacramento Valley isn't going to be easy.

"It has been a privilege to have had the opportunity to get to know and work with an extraordinary group of people in the Air Force," Summers said. "The members of McClellan have been through so much during the base closure, and it's been absolutely amazing to see how well everybody has pulled together - I'm very proud to have been part of that."

Summers was named vice commander of the SM-ALC in September 1998 where he became responsible for the logistics support to a number of aircraft including the F-117 nighthawk, F-22, the F-111 series, A-10, F-15 Eagle and the KC-135 Stratotanker.

The general also oversees the management of more than 200 communications systems and eight space systems and the repair, overhaul and modification of entire categories of complex avionics components, and hydraulic, pneumatic and flight control systems.

"My assignment here has been both

challenging and rewarding, but it's the entire McClellan team who has made my time here a true success," Summers said. "It's proof positive that with an empowered workforce, we can accomplish anything."

Nuclear support and operational personnel assist and support the development and publishing of DOD standards, requirements and operational procedures dealing with the reliability, safety, security, use control, logistics management and disposal of nuclear weapons or components. The nuclear support role also includes emergency response for matters involving Weapons of Mass Destruction and radiological events.

This organization also operates the Defense Nuclear Weapons School and conducts independent nuclear surety inspections of units responsible for assembling, maintaining and storing nuclear weapon systems and components. The nuclear support and operations directorate also provides testing and evaluation for the office of the secretary of defense and the military departments for issues impacting nuclear weapons physical security, force protection equipment and force operability and survivability against the broad spectrum of nuclear and other WMD threats.



Brig. Gen. Robert P. Summers

## Action Line

643-3344

Action Line

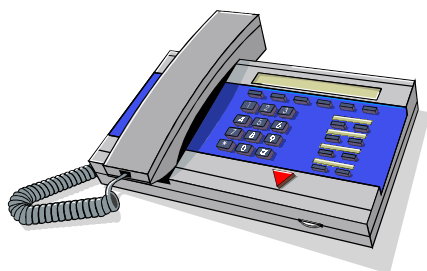
77 ABW/CC

5241 Arnold Ave.

McClellan AFB, CA

95652-1086

77abw.actionline@mccllellan.af.mil



### Base Phone Numbers

AAFES.....	920-0537
Civilian Pay.....	643-6727
Civil Engineering.....	643-5624
Civilian Personnel.....	643-5838
Commissary.....	643-4954
Base Police.....	643-6161
Family Support.....	643-1106
Focus Center #1.....	643-5661
Fraud, Waste & Abuse.....	643-6000
Housing.....	643-6221
Legal.....	643-3150
Lodging.....	643-6223
Medical Appointments.....	643-8400
After Hours.....	643-7212
TRICARE Service Center.(800) 242-6788	
Military Pay.....	643-6965
Military Personnel.....	643-1094
Public Affairs.....	643-6127
Retiree Activities.....	643-2207
Security Forces.....	643-6160
Services.....	643-6660
Military Equal Opportunity.....	643-3322

## FLU SHOTS

**Q** I read in the *Spacemaker*, flu shots would be given out Nov. 12, for all retirees. The immunization clinic refused to give me a shot because I was not retired military, but retired civilian. Why didn't the *Spacemaker* specify which retirees were eligible?

**A** Thank-you for the action line regarding the flu shots. Although we would have liked to accommodate everyone during the flu shot program, only "retired military" are authorized services here at McClellan AFB. Unfortunately there are no provisions to accommodate "retired civilians". For any future publication in the *Spacemaker*, we will ensure clarification by specifying "retired military" to minimize any customer inconvenience. Flu shots can be obtained from your personal physician, the California Health Department for a nominal fee, or through your own health plan.

## COMMISSARY VISITOR POLICY

**Q** I was at the commissary and noticed there have been a few changes implemented. This includes multiple ID checks and I was told civilians are now allowed in the commissary.

**A** I am sorry you were misinformed about the new Commissary Visitor Policy. Changes in the Commissary entry

identification checks and visitor policy were recently approved by the Department of Defense and briefed to each military installation commander. The new policy, recommended by the DoD Commissary Operating Board, standardized authorized patron identification procedures and allows visitors entry into the commissary only when accompanied by authorized patrons, however, the board left it up to each commander to make change as they see fit.

As an extra precaution to ensure only authorized patrons are purchasing merchandise and to avoid over crowding in the commissary, the following changes to the DoD Commissary Operating Board procedures were implemented locally: only two visitor per card carrying authorized commissary patron are authorized entry into the commissary per visit; all commissary patrons will have their ID checked at the point of entry and point of sale, and all visitors will sign in at the front counter to be cross-referenced against the commissary/BX barment list.

The sole purpose of this policy change was to give authorized patrons a chance to shop accompanied by friends and relatives. Under no circumstances does it allow visitors to buy any commissary goods. Anyone suspecting abuse of the commissary privilege can call the commissary, and those found abusing their shopping privileges can lose them.

If you have any further questions or concerns regarding this new policy, please call the Commissary Officer at 643-1173 or 643-1174 or the support group commander at 643-6320.

# SPACEMAKER

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### Air Force Vision

*"Air Force people building the world's most respected air and space force ... global power and reach for America"*

### Air Force Materiel Command Vision

*"Quality Systems for America's Air Force"*

### Sacramento Air Logistics Center Vision

*"Completing the mission of McClellan AFB with professionalism and honor"*

# Y2K rollover proved to be a quiet night

By Anne Thompson  
Y2K Program Manager

Members of the McClellan Y2K Response Cell stood at the ready throughout the evening Dec. 31 in various offices around the base to include the Readiness Center, the Communications Squadron's Technical Control Center, the Facilities Service Call Center and the Law Enforcement Desk.

They watched the celebrations around the world as the Year 2000 arrived in each successive time zone, and they waited.

When midnight arrived at McClellan Air Force Base without incident, each member felt a great sense of relief and accomplishment. Thanks to their efforts, and the efforts of hundreds of other behind-the-scenes members of Team McClellan, the Y2K rollover was "business as usual." The lights stayed on, mission-essential computers contin-

ued to operate without interruption, and the few incoming telephone calls conveyed New Year good wishes or signaled yet another successful post-rollover test.

Similar scenes were enacted in command centers throughout the Air Force and around the world. According to Brig. Gen. Gary Ambrose, director of the Air Force Year 2000 Office, there have been no mission-threatening failures, just a few small malfunctions. Since 1997, McClellan AFB conducted a thorough assessment of more than 30,000 systems and infrastructure items in use here and at other Air Force locations. This assessment included all types of computers and programs - maintenance and personnel systems and aircraft and weapon system computers, telephone switches, heating systems, and power centers.

Their confidence was justified, as illustrated by the quiet atmosphere in the readiness center throughout the New

Years weekend.

Even as the Y2K rollover recedes in memory, response personnel will continue monitoring for Y2K-related anomalies throughout the year. "Not all programs are run every day; not all systems are used every day and they're not used in every possible way you can use them every day," Ambrose said.

The next big test for Y2K is the rollover between Feb. 28 and March 1. "Normally, the turn of the century is not a leap year," Ambrose said. "So, the programs have to take that into account, and in some of the tests already run, the programs don't recognize February 29 - they roll from February 28 into March 1. Potential problems associated with the leap year include wrong date stamps and systems operating on the wrong date, which could affect passwords and codes.

Based upon the New Year experience, all continue to be comfortable that such problems will be few and far between.

# No advantage to using Internet to earn money at work

From Your Inspector General  
Col. Michael F. Turner

According to a Jan. 3 article in the *Washington Post* Business Section, several employees of the U.S. Army Military District of Washington were caught using government computer equipment for personal gain. They had installed on their office computers copies of software created by a Hayward, California-based company called All Advantage.

This company's pitch to Internet users is that advertisers want to reach them when they're on the Web. So users get paid to surf and view ads, but they also share their preferences with the companies involved based on what they view on-line. The company has a message window for using the Web called the Viewbar™ which flashes advertising and pays a small hourly fee to those who use it.

It is also a pyramid scheme in that referrals and the referrals' referrals use of the device also pay the original user a small hourly amount per referral. Fees for referral hours on-line run about 5 to 10 cents an hour. This only applies if the first user is on line for as many hours or more as those referred. In other words if the original subscriber refers someone else who is on-line for 50 hours a month, but the first user only uses the site

for 10 hours, he or she will only get paid a referral fee based on the 10 hours (about \$1 extra).

Thus, All Advantage and perhaps a dozen similar companies pay people for the time they spend on the Web, and users can earn commissions if they recruit other users who view the advertising. While most participants receive monthly checks of around \$25, the top earners (those with large pyramids) have taken in much more. There is nothing illegal about using your home computer for this purpose. However, unless one recruits other users, one's computer would have to be on the site 50 hours a month to earn \$25. This could really tie up a phone line unless an extra line was installed.

Be aware that using these programs on the job or soliciting others in your office to join such sites is against Department of Defense ethics regulations forbidding the use of government equipment for personal gain. Using one of these programs at work would also be an unacceptable use of a government computer as well as use of unapproved software. To date, I am not aware of any reported cases of this problem at McClellan Air Force Base. Hopefully, this favorable trend will continue, and this article will serve as a reminder that those who misuse government computers for personal income are subject to disciplinary action.

# New housing allowance

By Libby VanHook  
AFMC Public Affairs

There's good news for Air Force Materiel Command personnel. Effective Jan. 1, the new Basic Allowance for Housing Rates, designed to more accurately reflect the actual cost of housing, went into effect.

The new BAH is designed to provide a fairer and more accurate cost measurement of housing; end the creeping growth in out-of-pocket cost for service members; ensure geographic pay grade equity; and replace the Variable Housing Allowance Offset, eliminating the required annual survey.

A significant feature of the new BAH program is regardless of where airmen are assigned, out-of-pocket expenses are equalized for every grade. "No matter where in the country the airmen moves, they will have the same out-of-pocket dollar amount within each grade and dependency status," said Lt. Col. John Gill, Financial Services Branch chief.

BAH rates are different for every area, but overall junior enlisted will receive more money. In addition, rates in high-cost areas will go up for all ranks.

The new BAH relies on objective market based information.

The rate is based on rental costs by

pay grade, dependency status and location. It's designed as a partial reimbursement to assist service members in affording suitable off-base housing.

"Across the command there are significant increases in high cost areas, including Los Angeles and Hanscom," said Gill.

those individuals assigned to the area on or after Jan. 1, allowing service members to make a fixed commitment to housing based on market conditions at the time of their arrival at a new duty station.

Rate protection continues indefinitely, provided the member retains "unin-

## BAH rate changes in the Sacramento area.

Difference from last year's rate based on the "with dependent" rate in dollars:

E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	
+5	+5	+5	+17	+26	+29	+10	-9	-13	
0-1E	0-2E	0-3E	0-1	0-2	0-3	0-4	0-5	0-6	0-7
+45	+71	+11	+64	+28	+25	-47	-90	-108	-117

"On the other end of the spectrum, there are significant decreases at Hill Air Force Base in Utah, and Wright-Patterson Air Force Base in Dayton, Ohio."

There is a rate protection clause that will prevent service members from receiving a reduction in pay.

"Those individuals already assigned to a location and collecting BAH at 1999 rates will not have their rates lowered if the 2000 rate decreases," said AFMC Command Chief Master Sgt. Marc A. Mazza.

The new lower rates apply only to

interrupted eligibility."

Only the following circumstances could result in losing rate protection: member is reassigned to a new permanent duty location with lower housing costs; as a result of a demotion; or change in dependency status, from with dependents to without dependents.

Promotions are specifically excluded in the definition of a change in status.

For specific BAH rates, service members can visit the Per Diem web site at <http://www.dtic.mil/perdiem/rateinfo.html>.

## Medical group consolidates services into clinic

As part of the base drawdown process, the 77th Medical Group has moved some of its major services into the clinic and changed locations of others inside the clinic. Here is a quick update on the changes:

**Family Advocacy:** moved from Bldg. 1045 to the second floor of the clinic, north corner. All programs will be offered in the clinic. Phone number 643-1518.

**Substance Abuse:** moved from Bldg. 1042 to the second floor of the clinic, north corner. All programs will be offered in the clinic. Phone number 643-3000.

**Mental Health:** still on the second floor of the clinic, main check-in window changed. Phone number 643-8308.

**Public Health:** moved from the northwest corner on the second

floor to the southeast corner on the second floor. Phone number 643-8448.

**Flight Medicine & Physical Exams:** moved from second floor to first floor next to immunizations. Phone number 643-8488.

**Women's Health Clinic:** moved from the first floor to the second floor, south corner next to optometry and physical therapy. Phone number 643-8326.

Phone numbers and locations of all other major services remain the same. Active duty should call 643-7212 for appointments, health care information, and after-hours access to care. Should you have any questions about the above changes or need other information on other closure plans, contact the Joint Planning and Closure Team in the clinic at 643-3050.

**NEWS BRIEFS****McClellan exchange hours for MLK Day**

Listed below are the hours of operation for the McClellan Exchange facilities for Martin Luther King's Day, Monday:

Main Store, 9 a.m. – 5 p.m.; Service Station, 9 a.m. – 5 p.m.; Shoppette, 8 a.m. – 8 p.m.; Class Six Closed; Concessions, 9 a.m. – 4 p.m.; Burger King, 8:30 a.m. – 5 p.m.; Barber Shop, Closed; Beauty Shop, Closed; MCSS, Closed; Anthony's Pizza, Closed; Robin Hood, Closed; Frank's Frank, Closed; Theater, Closed.

**Burger King recalls Poke Balls**

**DALLAS** — Burger King Corporation has issued an immediate voluntary recall of the red and white Poke Ball that comes with all Kids' Club Meals. The Army and Air Force Exchange Service owns and operates more than 165 Burger King restaurants worldwide.

According to Burger King officials, the recall came as a result of the suffocation of an infant in Calif. that is alleged to be connected with one-half of a plastic Poke Ball.

For more information, call the Burger King Corporation at 305-378-3535. AAFES Burger King customers with questions may contact AAFES at 214-312-6489. (AFPN)

**Volunteers needed for tax season**

Another tax season is upon us. Volunteers to assist with the Volunteer Income Tax Assistance program are needed. The VITA program saves thousands of dollars each year in preparation fees. Volunteers will be trained by the Internal Revenue Service, and in turn help eligible members with their taxes.

Volunteers may be either civilian or military. However, your supervisor needs to agree to let you do this. Training will be scheduled for approximately five to seven days from 8 a.m. to 4 p.m. each day. Each advisor must be available to attend all necessary training classes. This will be a basic course specifically designed to teach unit tax advisors how best to assist in the preparation of 1040EZ and 1040A forms and accompanying schedules. In addition, representatives will be trained in electronic filing methods. For more information, call Capt. Kathryn Stengell or Tech. Sgt. Danita Anderson at 643-3150 by Tuesday.

**Family housing crossmoves**

Military family housing residents can take advantage of open season through Jan. 30 to apply for a crossmove in housing areas. Closure cadre personnel will have first priority for crossmoves, followed by non-closure personnel and non SM-ALC affiliated personnel. Non-closure cadre personnel and non SM-ALC affiliated personnel will move at their own expense. For more information, call 643-6221.

**Special thanks**

My daughter and I would like to once more thank my fellow employees at McClellan for their generosity in donating leave during my recent illness. Your response to each of my medical crises was overwhelming to me, especially during this time of base closure. Again, my family and I want to express our gratitude and deep appreciation, God Bless you all.

--Rose McGarvey

**Martin Luther King Day recognizes contributions**

**By Gen. Lloyd W. Newton**

Commander, Air Education and Training Command

America will observe Martin Luther King Day Monday. As I think about these annual observances, I am compelled to comment on the recent promotion of Benjamin O. Davis, Jr. to four-star general in early December 1998. General Davis, an aviation pioneer and a member of the first graduating class of Tuskegee Airmen, received his fourth star 28 years after his retirement from active service.

On the one hand, I'm delighted that Davis was bestowed this honor as a way of acknowledging his extraordinary leadership and achievements in spite of the discrimination he encountered early in his career. On the other hand, I'm saddened that our nation did not fully use the immense capabilities of this great

American while he was still on active duty and that he had to endure such harsh discrimination because of the color of his skin.

In many ways, Benjamin O. Davis, Jr. helped pave the way for the work of Dr. Martin Luther King. The achievements of Davis and many others provided irrefutable evidence to support King's accurate assertion that given a fair chance, people from all racial and ethnic groups can and will succeed.

On Monday, I encourage you to take the time to reflect on 1999's MLK Day theme of "Remember! Celebrate! Act! A Day On — Not A Day Off," and reaffirm that Dr. King's cause of equal opportunity and equal justice for all remains equally important today.

In these challenging times, our Air Force needs the very best all our people have to offer. We cannot permit bias or discrimination to limit the contributions of any individual or group.



# Local retirees win football frenzy tickets

**By Senior Airman Jeffrey Bishop**  
Air Force Print News

**SAN FRANCISCO** — For the Groesbecks, winning a trip to San Francisco courtesy of the Air Force Club's Football Frenzy promotion was winning a trip home.

Nick Groesbeck, World War II bomber navigator, nuclear weapons officer and retired Air Force Reserve major, won the paid trip to see the Atlanta Falcons play the San Francisco 49ers Dec. 12.

Nick, who's been a club member for 17 years, said the couple goes to Club Mc-

Clellan about twice a week, for lunch or dinner.

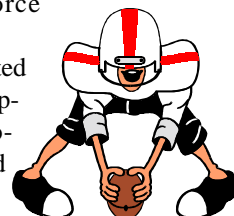
In addition to airfare, accommodations and game tickets, the Groesbecks and eight other Air Force winners and their guests were also treated to an exclusive reception, and were provided rental cars and tickets to a tour of Alcatraz island.

They were chauffeured to the game in limousines, and after the game, the same stretch limos carried them through the city

for sight-seeing. The winners and their guests also received backpacks loaded with foam footballs, embroidered polo shirts and cameras.

This year, 38 winners will attend three National Football League games, including a regular-season game, the Super Bowl and the Pro Bowl.

The Groesbecks enjoy Club McClellan for more than just dining, the couple also meet at the club for Monday Night Football and the camaraderie there — in fact, they cut their trip short by a day to get back to Sacramento in time for the game Dec. 13 at their club. (AFPN)



## FOCUS Center

*This section contains some of the job announcements available at the McClellan Air Force Base FOCUS Center. For additional information, contact FOCUS Center #1 at 643-5661. FOCUS #1 is open until 7 p.m. Thursdays.*

**Position:** Control Operator, BB-5407-00

**Annc#:** BOR-MP-99-232

**Close:** Jan. 17

**Location:** Sacramento, CA

**Agency:** Bureau of Reclamation

**POC:** Inga Hall (916) 978-5471

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's knowledge, skills and ability and/or additional information.

**Position:** Program Analysis Officer, GS-343-13

**Annc#:** CA-99-144

**Close:** Jan. 18

**Location:** Sacramento, CA

**Agency:** Bureau of Land Management

**POC:** (916) 978-4460

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Electronic Engineer, GS-855-11/12

**Annc#:** SNR-99-25

**Close:** Jan. 26

**Location:** Folsom, CA

**Agency:** Dept of Energy

**POC:** (916) 353-4566

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Legal Secretary, GS-986-05/07

**Annc#:** 00-EDCA-01

**Close:** Jan. 24

**Location:** Sacramento, CA

**Agency:** Dept of Justice

**POC:** Martha Bennett (916) 554-2749

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Budget Technician (Supv) GS-561-08

**Annc#:** FWS1-00-004

**Close:** Jan. 25

**Location:** Sacramento, CA

**Agency:** Fish & Wildlife Service

**POC:** (503) 231-6136

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Deputy CVPIA Water Acquisition

Program Mgr, GS-301-12

**Annc#:** BOR-MP-99-237

**Close:** Jan. 24

**Location:** Sacramento, CA

**Agency:** Bureau of Reclamation

**POC:** Inga Hall (916) 978-5471

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Student Trainee, Electrical Engineer,

GS-899-04/05

**Annc#:** SNR-9924

**Close:** Feb. 18

**Location:** Folsom, CA

**Agency:** Dept of Energy

**POC:** (916) 353-4566

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** CE Technician, GS-802-08/09

**Annc#:** MP-99-235

**Close:** Jan. 18

**Location:** Fresno County, CA

**Agency:** Bureau of Reclamation

**POC:** Inga Hall (916) 978-5471

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Machinist, WG-3414-11

**Annc#:** 290-DEU-99

**Close:** Indefinite (1<sup>st</sup> cutoff Jan. 18)

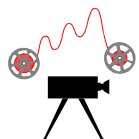
**Location:** Portland, OR

**Agency:** Dept of Army

**POC:** Marci Walters (503) 808-4574

**Remarks:** Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

## Movies



Movies start at 7 p.m., unless otherwise noted, in Bldg. 1417. Movies are subject to change.

### Anywhere But Here - Friday

*Starring: Susan Sarandon, Natalie Portman*

It is mid-summer 1995 as a 1978 Mercedes zooms down the highway, heading west. Inside sits 14-year-old Ann August and her mother Adele. Against her will, Ann is being moved to Beverly Hills where Adele, stifled by small-town life in Wisconsin, hopes to make her colorful dreams come true. (PG-13 - sexual content)

### End Of Days - Saturday

*Starring: Arnold Schwarzenegger, Gabriel Byrne*

As the final days of the millennium wind down, the devil arrives in New York City, seeking out a human wife with whom to sire the Anti-Christ. His target is a daycare worker who soon seeks protection with an ex-cop named Jericho Cane. (R - horror, language, sexuality and violence)

### The Messenger: The Story of Joan of Arc - Sunday

*Starring: Milla Jovovich, John Malkovich*

It all began in 1429, when a teenage girl from a remote village in France stood before the world and announced she would defeat the world's greatest army and liberate her country. As this small voice in the heart of a simple girl grew stronger, rulers were drawn to listen, armies were empowered to fight and her countrymen were inspired to believe. (R - language, sexuality and violence)

## Youth center

■ **Today:** Open recreation, 2-6 p.m.; open gym, 2-3 p.m.; open snack bar, 2-6 p.m.; advanced gymnastics, 3:15-4:15 p.m.; Tae Bo aerobics, 6:15-7:15 p.m., ages 11 and up, free.

■ **Friday:** Skate Night, 6:30-9 p.m., ages 9-12, members \$2, nonmembers \$4. (members only from 6:30-7 pm.)

■ **Saturday:** Bowling night, 6 p.m., ages 12-16, members \$2, nonmembers \$4.

■ **Sunday and Monday:** Closed

■ **Tuesday:** Open recreation, 2-6 p.m.; open gym, 4:15-6 p.m.; open snack bar, 2-6 p.m.; beginning gymnastics, 3:15-4:15 p.m.

■ **Wednesday:** Open recreation, 2-6 p.m.; open gym, 2-5:15 p.m.; open snack bar, 2-6 p.m.; beginning dance lessons, 5:30-6:30 p.m.

## Family advocacy programs

Dates are subject to change. Please call to verify.

### Recurring events:

#### Sundays

- Catholic Mass, 9:30 a.m., Chapel, 643-6021
- Protestant Worship Service, 11 a.m., Chapel, 643-6021
- Protestant Sunday School, 9:30 a.m., Chapel Classroom, 643-6021

#### Mondays

- Daily Mass, noon, Base Chapel, 643-6021
- Anger Management 2-4 p.m., Library, 643-1106

#### Tuesdays

- Men's Group, 2:30-4 p.m., Family Advocacy, 643-1518
- Parent-Infant Support Group (Infants under 12 months), 9-10:30 a.m., Family Advocacy, 643-1518
- Daily Mass, noon, Chapel, 643-6021
- Beginning Gymnastics, 3:15-4:15 p.m., Youth Center, 643-3946

#### Wednesdays

- Daily Mass, noon, Chapel, 643-6021
- Women's Group, 2:30-4 p.m., Family Advocacy, 643-1518

#### Thursdays

- Protestant Women of the Chapel Bible Study, 9:45 a.m., Chapel Classroom, 643-6021
- Moms, Pops and Tots Play Group, 10-11 a.m., Youth Center, 643-1106
- Daily Mass, noon, Chapel, 643-6021
- Advanced Gymnastics, 3:15-4:15 p.m., Youth Center, 643-3946

#### Fridays

- Parenting Class, 3-4 p.m., Community Support Center, 643-1106
- Daily Mass, noon, Chapel, 643-6021
- Exploring Relationships, 6:30-7:30 p.m., Youth Center, 643-3946

### Saturdays

- Confession, 4:45-5:15 p.m., Chapel, 643-6021
- Catholic Vigil, 5:30 p.m., Chapel, 643-6021

### Upcoming events:

- Federal and California State Tax Forms available at the Library, 643-4640
- "Turn Over a New Leaf," (Help support your annual resolutions by decorating this tree with your positive life choices.), Library, 643-4640

- Readiness Briefing, by appointments, Community Support Center, 643-1106

### Tuesday

- Prenatal Class, 11 a.m. - 2 p.m., Family Advocacy, 643-1518
- Job Search Seminar, 8 a.m.-noon, Community Support Center, 643-1106
- Occupational Exploration II Workshop, 7:30-11:30 a.m., SETA, 643-0773

### Wednesday

- Life Skills (mandatory for E-5 and below), 8 a.m.-noon, Community Support Center, 643-1106
- Interview Workshop, 7:30 a.m.-3:30 p.m., SETA, 643-0773

### Jan. 20

- Resume Workshop, 7:30 a.m.-3:30 p.m., SETA, 643-0773

### Jan. 24

- Occupational Exploration II Workshop, 7:30-11:30 a.m., SETA, 643-0773

### Jan. 25

- Resume Writing Seminar, 8 a.m.-noon, Community Support Center, 643-1106
- Resume Workshop Follow-On, 7:30 a.m.-3:30 p.m., SETA, 643-0773
- Interview Workshop Follow-On, 1-3:30 p.m., SETA, 643-0773

\*Family Advocacy and Substance Abuse have relocated to the McClellan Clinic in Bldg. 98, 2nd Floor, North End.

# Chief's commentary reflects retiree issues

By Retired Chief Master Sgt.  
George Moses

Retiree Affairs Office

**Guests in the commissary:** By now I am sure most of you know that you can bring guests in the Commissary. The Defense Commissary Board established it and it was implemented Air Force wide.

The Defense Commissary Agency did not restrict the number of guests that an authorized patron could bring into the Commissary. However, our wing and support group commanders implemented the policy of only two guests per authorized ID card holder.

**TROA toll free number:** In previous columns, I mentioned that if you wanted to contact your legislative representatives

in Washington, D.C. you could use The Retired Office Association toll free number. TROA had shut down, it's toll-free line to Capitol Hill, however, they have reinstated their toll free number effective Friday. This number is for TROA members only. The toll free number is (877) 762-8762.

**Pharmacy issues:** I know this is a priceless benefit for all of us. But, keep in mind the McClellan pharmacy will cease all prescription services at the close of business, Sept. 29. The last day for requesting a prescription refill at this pharmacy will be Sept. 18.

So make sure you put these dates somewhere visible to remind you of these deadlines. I know it's a way off, but it will be upon us before we know it. After clo-

sure of McClellan's pharmacy, you will still have some options. You can always use the pharmacies at Beale and Travis.

Plus, we will all have the benefit of using the National Mail Order Pharmacy and many of you are using that opportunity as we speak. Also, the other option that will help us is the Retail Pharmacy Benefit, which will come into existence in August. This will allow us to use the TRICARE network pharmacies, such as Longs Drug, Rite-Aid, Walgreen's, Wal-Mart, etc. If you have questions in this regard, call 643-2207 or 643-4309.

For those of you with your own computers, you can access the McClellan Home Page, which includes the information in this column through the Internet. The address is: <http://www.McClellan.af.mil/77ABW>.

## USAF policy on the use of nutritional supplements

Recently, dietary supplements have gained popularity among health conscious individuals, including the US military population. A few have clearly dangerous side effects, especially if taken in combinations with medications or in certain work environments. Anyone considering the use of these substances must exercise great care.

Air Force Instructions and policy letters do not specifically prohibit the use of dietary supplements except for anabolic steroids and hemp oil (AFI 44-120, Drug Abuse Testing Program). However, flying and special operational personnel, and those on the Personnel Reliability Program must report use of nutritional supplements to their medical provider immediately, just as they would an over-the-counter medication (AFI 48-123, Medical Examination and Standards). All other personnel using nutritional supplements should report this use at their next medical encounter.

To facilitate disclosure, henceforth, medical screening per-

sonnel will ask the question "are you taking any medications, diet aids, nutritional supplements or vitamins/minerals?" Screening personnel will document the response in the patient's medical record.

Medical providers will also ask the individual about and document any side effects in the patient's medical record. The medical provider will also provide educational counseling on the use of these substances. Valuable information, links to key sites (including the FDA reporting system for adverse events), and the *Facts About Dietary Supplements for Aircrew, Special Operational and PRP Personnel* brochure are available at: <http://www.brooks.af.mil/web/af/altmed/HOMEFRAME.htm>

The prudent use of certain nutritional supplements can make a tremendous positive impact in promoting healthy lifestyles in our USAF community. Individuals, supervisors, commanders and certifying officials must remain ever diligent in maintaining the health of the command. (Submitted by the 77<sup>th</sup> Medical Group)



## Swap Meet

### For Sale

1989 Chevy Scottsdale Truck, V8, 5.7L engine, 3/4 ton - tow ready, 43K mi, camper shell, bed liner, AT, AC, cruise, AM/FM stereo cass. \$8,600 (916) 332-1666

Editor's note: Swap ads are a free, space-available-only service for military members, civil service employees, retirees and associated family members possessing current ID cards. The ads must be for the personal use of the card holder. Drop off ads at Bldg. 200, Room 125. Swap ads will not be

published without a signature. The deadline is noon, Wednesday for possible publication in the following Thursday's issue. Only one Swap ad per household per week, up to 25 words, may be submitted. However, the ad can apply to more than one category, such as items wanted/trade, vehicles,

furniture and yard sales. Spacemaker reserves the right to edit. No ads for money-making businesses, including daycare, or the sale of firearms or firearm accessories will be accepted. To run a swap ad again, it must be resubmitted. For more information, call the *Spacemaker* at 643-6100.